



Fitness Trail Stations

Station 1: Stretching and Step Ups

- The location of this station is near the mailbox.
- This station has multiple purposes. A heavy concentration on stretching the legs and strengthening the thigh muscles.
- The tall post can be used to balance or lean against for stretching of the quads. The height variations of the steps can be used for stretching the calves as well as the hamstrings.
- The steps offer varying heights, approximately 9", 15", and 21" to change the level of difficulty. These steps work best doing one foot at a time. Step up using one leg, step down using the same. Repeat for the other leg.

Station 2: Circle Body

- The location of this station is at the opposite end of Redwood.
- The design of this station utilizes muscles in the back, shoulders, and forearms while stretching the back muscles.
- The design has three distances from the ground, 4'-6", 5'-6", 6'-6".

Station 3: Log Jump

- The location of this station is near the park and pond area. An area above the creek is ideal for the embedded logs would have less risk of rotting and/or being eroded away.
- An exercise that strengthens the arms, shoulders, and upper back.

Station 4: Balance Beam

- The location of this station is near the park and pond area. This is the longest station and requires the largest footprint, thus placing it by the park is ideal.
- This station will provide balance and coordination.
- The design for this using the same galvanized bent per the standard. Separated in 4 pieces with cypress wood slats on top, mitered to create a smooth connection. Making this station as thin as possible is ideal.

Station 5: Pushups and Sit Ups

- This station is located at the end of the woonef, near Common Amber.
- The isolated bar can be used for pushups with two people using them simultaneously.
- The sit-up portion can accommodate people with varying heights. 3 bars are located at set distances for ease of use.

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Station 6: Body Curl

- This station is located further down the trail from Station 5, at the end of a Common.
- This exercise equipment strengthens the stomach, lower back, and bicep muscles.
- There are 3 varying options for one to use, two inclines 10° and 20° and a flat portion (ideal for stretching and doing typical crunches).

Station 7: Hand Walk (Parallel Bar)

- This station is located further down the trail from Station 6, at the end of a Common.
- An exercise that strengthens the upper back, shoulders, and tricep muscles.
- The design is indicative of the typical galvanized bent used in all other elements with a bar running between the two bents.

Station 8: Chin Ups

- This station is located further down the trail from Station 7, at the end of a Common.
- Similar in design to Station 2: Circle Body, but the rings are replaced with bars. Heights are 4', 5' and 6' from the ground.

Station 9: Vault

- This station is located further down the trail from Station 8, at the end of a Common.
- An exercise that strengthens the shoulders, upper back, calves, and triceps.
- A thin design, similar to the balance beam, this equipment is best used by grabbing the equipment and jumping over moving up towards the higher end.

Station 10: Over Head Ladder

- This station is located further down the trail from Station 9, at the end of a Common, near the mailboxes by the creek.
- An exercise equipment that strengthens the biceps, triceps, back, and shoulders.
- Nearly identical to Station 8: Hand Walk with one exception, the bars are located at approximately 6'.

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